Rina Trepanier
Sales Representative
Experience Counts!
26 Years... AWARD WINNING REAL ESTATE SALES
Diamond Award
Award of Excellence
Platinum & Gold Awards
905-892-4545 • 905-734-0222
Direct 905-980-1199
E-mail: rinat@royallepage.ca
ROYAL LEPAGE
NIAGARA REAL ESTATE CENTRE, BROKERAGE
Independently owned and operated
Visit Rina On The Web At www.rinat.ca

HOME DELIVERY CALL 905-732-2411 | THURSDAY, JANUARY 2, 2014 | www.pelhamnews.ca

JEAN HAAPAMAKI
Sales Representative
THINKING OF LISTING OR SELLING.
FREE MARKET EVALUATION
Direct: 905-988-8491
www.jeanhaapamaki.ca
COLDWELL BANKER
MOMENTUM REALTY BROKERAGE
905.892.0700

Published by Sun Media Publishing Inc. • Issue No. 1 Volume 20

Pelham NEWS

Cindy Raskob
Sales Representative
Pager: 905.892.0222
Direct: 905.321.8306
craskob@royallepage.ca
www.CindyRaskob.ca
ROYAL LEPAGE
Niagara Real Estate Centre Brokerage
Independently owned and operated
Hire... WITH CONFIDENCE!
EXPERIENCE IS

LOCAL: Ministry motivates change

Pelham group on mission to Utila

MELISSA MANGELSEN
PelhamNews Staff

Elise Wieregna has been volunteering to teach kindergarten and grades 1 and 2 English at the Utila Methodist Community College in Utila.

The 25-year-old Fenwick woman moved to the Caribbean Sea island in August, but has spent the past 12 years travelling back-and-forth with her parents.

In March she will be welcoming 11 Pelham residents and six chaperones, aged 14 to 25, who will be spending their March break building a playground at the school off the coast of Honduras and helping with teaching.

See MISSION page 2

Elise Wierenga, 25, of Fenwick, with her students in Utila, which is about 30 kilometres off the coast of Honduras. Sup-

PERSONAL TOUCH
HOME IMPROVEMENTS
Professional Work with a Personal Touch
Call Today For A
Free Estimate
Roofing, Siding & Windows
2601 HWY #20 EAST
FONTHILL, ON L0S 1E6
Phone 905-892-6177
email: pthi@pthi.ca • website: www.pthi.ca

Debbie Pine
pinesold.com SALES REPRESENTATIVE
BUYING OR SELLING
Call Debbie and....
Get Pine-Sold
A TOP 10 PRODUCER WITH ROYAL LEPAGE NIAGARA
Award Winning Service
ROYAL LEPAGE 100 YEARS SINCE 1913
Niagara Real Estate Center, Brokerage
Independently Owned & Operated
Office: 905-892-0222 • Sell: 905-321-2261 • debbiepine@royallepage.ca

UPFRONT

■ MISSION

Volunteers raising funds with bottle drive

From page 1

To raise funds for the effort, the group from Pelham has been holding a bottle drive, which will end Jan. 4.

Wierenga went on her first short-term mission to Honduras in 2004. That's where her passion for ministry and children began. She returned to Honduras several times after that, including a six-month trip in 2006, and a four-month trip in 2012. She also attended Hillsong International Leadership College in 2007 for children's ministry.

She established the ministry called 3 | Eleven in 2012, and through the ministry her aim is to bring light, love and hope to the kids on the island. She leads weekly programs for kids in both English and Spanish, leading youths nights, and supporting the local church whenever needed.

Wierenga's decision to move from Fenwick to Utila wasn't a hard one for her.

"After spending so much time volunteering over there I became connected to the island," she said. "My move there is indefinite."

She became involved in missionary work through Bethany Christian Reformed Church in Fenwick, volunteering for the school and church in Utila.

"You see and are able to assist with the kids there. It's really rewarding. A lot of the kids are just looking for love, and that's something that is so easy to give. Their education isn't the best over there so it's great to help those kids to fulfil their potential," she said.

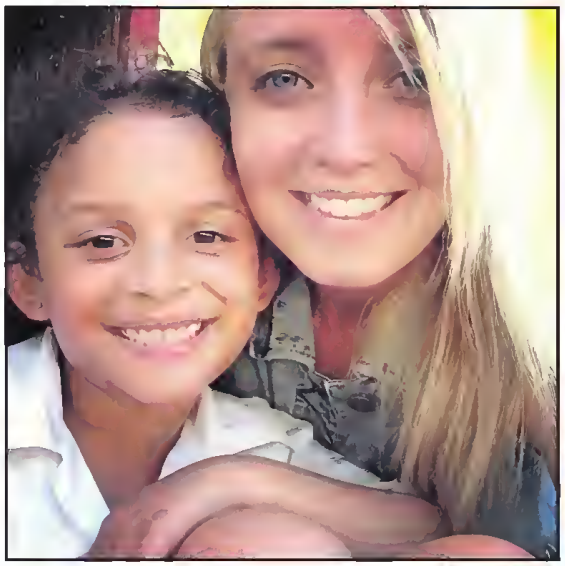


PHOTO PROVIDED

Elise Wierenga with one of her students in Utila.

Wierenga will be meeting the group from Pelham when they get there, who are all members of Bethany Christian Reformed Church.

She said she is looking forward to seeing them arrive to use the skills they were given.

The difference between a small island and the town of Pelham are vast. She said she had to get used to the lack of resources there and the people's different outlook on life.

"People are more kind in Canada. They make about $2 an hour in Utila, so there is a lot of hopelessness ... It's a completely different lifestyle," she said.

The tropical island of Utila is located in the Caribbean Sea and is about 30 kilometres from the Honduras mainland port of Le Ceiba. The island is 11 kilometres long and four kilometres at its widest.

To donate to the bottle drive, or request a pick up call 289-214-2562.

melissa.mangelsen@sunmedia.ca
Twitter: @tribunemelissa

SUPPLIED PHOTO

Elise Wieregna with her students in Utila. She is head of her own mission, which will welcome a group from Pelham in March.

GET THE LATEST
BREAKING NEWS
www.pelhamnews.ca

LOCALNEWS

CRIME: Pelham Target station hit by armed bandits

Gas bar robbed, truck torched, second vehicle stolen

Tribune Staff

PELHAM — Two robbers who struck at a Pelham gas bar Saturday morning then torched their getaway vehicle before stealing another one are sought by authorities.

Niagara Regional Police said on Saturday at about 5:40 a.m. two disguised males entered the Target gas station at 151 Hwy. 20 W.

One robber brandished a handgun while ordering the lone clerk to give him all of the store's cash. The clerk was then made to get on the ground as the two suspects stole a quantity of cigarettes.

Both males sped from store in a green 2005 GMC Sierra pickup truck that had been stolen from a Hamilton address. The truck was discovered minutes later engulfed in flames in a nearby residential neighbourhood.

The suspects described as being in their 20s or 30s are believed to have fled in a second truck stolen from a nearby residential area. It is a grey 2001 Chevrolet Silverado pickup truck with Ontario licence plate 8180KH. There is a small rust spot on the rear cab and the windshield displays a Pelham firefighter sticker.

The first suspect as white, possibly native, 5-foot-6 to 5-foot-8 with a thin physical build.

The second suspect is 5-foot-8 to 5-foot-10 with a thin physical build and green eyes.

Police suspect the males reside in either the Hamilton or Haldimand area.

There were no injuries in this matter.

Anyone with information that may assist in the police investigation is urged contact Det.-Const. Wayne Brown at 905-735-7811 ext. 3311.

SOURCE: NIAGARA REGIONAL POLICE

A suspect in Saturday's Target gas station robbery in Pelham is shown in this video image handout.

POLICING: Controversial issue for some police services

'It's big for transparency,' says Niagara police chief

TONY RICCIUTO
QMI Agency Niagara

Niagara Regional Police officers will soon all be wearing name badges.

It's been a controversial issue for a number of years with various police services and border guards not only across the country, but around the globe.

NRP Chief Jeff McGuire was the first to wear one when he took over the service in June 2012, and he was a bit surprised to learn officers in Niagara were not required to wear them. That was part of an agreement in their earlier contract.

Having come from the Toronto Police Service, where he served for 35 years and was deputy chief, his officers wore them.

"I'm a big advocate for them. I think it's big for transparency and I don't see any reason why police officers should not be identifiable to the people they are dealing with while in uniform," said McGuire.

Some police officers feel the wearing of name tags, which displays an officer's first initial and last name, increase the risk of them being harmed.

In 2011, the Toronto Police Association, which represented more than 5,000 officers and 2,000 civilians, attempted to end the mandatory wearing of name tags by uniformed officers by arguing their case before the Ontario Labour Relations Board.

The board ruled policing is an inherently risky profession, but the evidence did not establish that the wearing of name tags resulted in any "material increase" in risks to officers.

McGuire said that when it was time to renegotiate the new contract, he let the police board know he wanted to raise the issue of having his officers wear name tags. That contract went to arbitration and on this issue the decision went in favour of the board

"Our officers in Niagara were wearing their badge numbers on their shoulders. Research was done on both sides and I accept the fact that there is no increase in risk," McGuire said.

"I would not expect my officers to do it if I felt there was an increased risk."

The chief noted police are held to high standards in the type of work they do, an incredible amount of power is given to police officers, and they have a responsibility to the people they deal with in the community.

McGuire and other senior officers were the first to wear name tags and now they are in the process of rolling it out to all their uniform staff. Not all officers have them at this time, but all will be getting them.

Cliff Priest, president of the Niagara Region Police Association, could not be reached for comment.

FATALITY

Senior struck by truck dies

A Pelham senior has died from injuries suffered when he was struck by a vehicle at about 5:20 p.m. Dec. 19.

Pelham firefighters and Niagara EMS were called to Hwy. 20 and Pelham St. on reports that a man was struck by a truck.

An initial investigation by Niagara Regional Police revealed a 60-year-old woman from Welland was driving a 2013 Ford Explorer west on Hwy. 20 when an 89-year-old man from Pelham attempted to cross the road, stepping in the path of the Ford.

He was taken to Hamilton Health Sciences-General Hospital were he died two days later.

Police said his name is not being released at the request of his family. The driver of the Ford was not injured.

The NRP say the accident is under investigation by detectives and request anyone with information to contact investigators at 905-688-4111.

LIKE US ON FACEBOOK
facebook.com/PelhamNews

View The Tribune
ANYTIME
Didn't have time to read the paper this morning? No problem.
With The Tribune e-edition, you can read it online in its true printed format **anywhere** and at **anytime**!
THE TRIBUNE eedition
Only .13¢ a day! $3.99 monthly rate

To order your online subscription today, visit
Eedition.wellandtribune.ca
Promo code: 2013$3.99

Pelham NEWS

Published by PelhamNEWS
Sun Media Corp.
228 East Main St., Welland, ON L0S 1E0
Tel: 905-732-2414 ext.246 Fax: 905-732-3660
e-mail: pelham.news@sunmedia.ca
John Tobon
PUBLISHER AND GENERAL MANAGER, PRINT & DIGITAL
Sarah Ferguson, REPORTER

SUN MEDIA
A Quebecor Media Company

COMMENT

LETTERS TO THE EDITOR

STOP THE INCREASES

Ten cents a litre more for gas? Where does the provincial Liberal government think money comes from? Unlike the government, I have nobody I can tax for more revenue. Residents in Niagara can't afford another ridiculous scheme to pay for Toronto's subways, and none of us trust this government to manage the money well even if we could afford it. Isn't St. Catharines MPP Jim Bradley supposed to look out for our interests? When he actually says something, it's just the same old Toronto-centric stuff coming from the premier's office. Why is St. Catharines paying for Toronto's transit?

LISA CORMIER
ST. CATHARINES

YOUR MONEY HAS BEEN WASTED

I'm angry and disgusted. I was always aware that corruption and greed was prevalent in provincial and federal politics, but the recent revelations about the gas plant scam, the Ornge fiasco, the e-Health boondoggle and more, fuelled by the recent revelation of the OPG bonuses and salaries – it's just too much. If I had voted Liberal, I'd be ashamed to admit to it. When you hear of a loss of $1 billion, do you realize it's your money that has been wasted? The government has no earning power. We the taxpayers are the only source of income any government has. So when the PM says he's going to match our donations dollar for dollar to a worthy cause, it's our money he's giving. Twice.

Federally, despite the fact we operate under a benevolent dictatorship we've had our share of corruption. The sponsorship scandal, robocalls, RCMP indiscretions and, fresh in our minds, the Senate exhibition of pure greed. I'm certain we're aware that for provincial politicians, job No. 1 is to get re-elected; job No. 2 is to make more money. This would entail getting into cabinet, or some such cut above being a backbencher. This said, I don't believe for a minute that all of our elected politicians are crooked (just a few.) Some are lazy, some are inept, but all are well paid.

I also have to mention our city and regional folks. I believe that most are sincerely interested in representing us. Some may be interested in pursuing higher office, but in my experience most are genuinely committed to doing what we elected them to do. This I know from personal experience.

PETE MORRO
ST CATHARINES

KEEP DELIVERING THE MAIL

The Conference Board of Canada is a think tank that recommended the sweeping changes at Canada Post that will see the end of home delivery in urban areas. A man named Deepak Chopra sits on that board; Mr. Chopra is also a president and CEO of Canada Post. It is obvious an individual sitting on a board that has heavily influenced the decisions of the Crown corporation he heads risks being in a glaring conflict of interest. The board also recommended that while eliminating thousands of door-to-door letter carrier jobs, Canada Post should keep all senior management. Chopra's salary is approximately a half-million dollars annually.

Canadian citizens must demand Canada Post halt these plans to eliminate hand delivery and have a full independent investigation of any possible conflict of interest between the CEO of Canada Post and his position on the Conference Board that recommends these plans. In 2011, Prime Minister Stephen Harper's government ordered striking postal workers back to work because they provided an "essential service." Two years later, the decision has been made that they are so inessential they are to be eliminated. The situation smells of rotten political interference.

DAVID FOWLER
WAINFLEET

Ice storm? Jan. 31, 2002 – now that was an ice storm

WILLIAM THOMAS
HUMOUR

Besides exposing our vulnerability, storm disasters remind us of how really spoiled we are.

The weather reports claim we were hit by an ice storm last weekend. Not here in Niagara, which has been prone to freezing rain disaster in the past. A limb down here, a patch of ice there; no that was not an ice storm. Jan. 31, 2002 — yeah, that was an ice storm.

The recipe for a quick freeze fiasco here along the north shore of Lake Erie is a simple: sudden grey gales whip up the waves, the heavy spray turns to sleet soaking every branch and power line along a narrow band tracing the lake's shoreline. When everything is sufficiently saturated by the shower of crashing waves, then the temperature drops 15 degrees in as many minutes.

Presto. A Lake Erie ice storm. Happening in that order and always in the middle of the night, the prescription for natural wreckage comes together flawlessly and residents are yet again reduced to living, hour to hour, by the basest of means. Falling limbs take down power and phone lines, lights die, basements flood, furnaces quit and of course, water pumps are out of commission. People with generators become gods.

Hours after midnight, Jan. 31, 2002, I sat in my kitchen drinking coffee with my neighbour, John Beck. Taking a brief break from bailing water out of our basements and stoking fireplaces to keep the pipes from freezing, we opened the door and watched as nature, like a drunk in a domino tournament, smashed and bashed everything in sight.

Without so much as the hum of appliances, we sat in perfect silence and witnessed this peculiar assault on our immediate environment — ice breaking trees, limbs lashing roofs; airborne branches smashing our car tops and taking down eaves troughs. Some dagger-like limbs embedded a foot into the ground would surely have killed a person unlucky enough to be under one. All this in pitcb back except wben the sky flashed bright blue from the arcing of downed power lines and blown transformers somewhere in the distance.

GRANT LAFLECHE/QMI AGENCY NIAGARA

St. Catharines under ice during last weekend's ice storm.

The first sound heard was the loud rattle of breaking ice as the tree, bent by the wind, snapped back to shake off its glassy glaze. Then the sharp crack of limb, wrenched from the tree trunk was followed by an eerie wind noise as it was propelled to the ground. John and I sat silently side by side, by this time, nursing brandies and assessing our situation by noise alone.

A loud, low thud meant a tree or branch had found a target.

"My car?" I said.

"Too far away," said John. "Probably my van?"

Then flying wood and ice send back the sound of crashing metal and glass.

"That was a house!"

"Probably Nelson's place."

For every man-made disaster there's an antidote, but only nature can render people perfectly helpless until that mother's work is done. Then it was back to work — bailing buckets of water from a rising tide in the basement, hauling in more wood to maintain the fireplace as a furnace, warming my hands over two gas burners on the stove, replacing spent candles; winding up a crank radio for any news of relief.

Doze, bail, stoke, check the news — 36 hours without everything; everything that is normally at our fingertips as soon as we wake in the morning.

We are so spoiled, so soft, so controlled by convenience and completely confused by its absence. A hundred times I descended into a black basement and each time I automatically flipped the light switch on. At one point between hauling buckets and lugging logs, I decided to wash a sink full of dishes. So I collected a bucket of rainwater and snow, melted it on the hearth by the fire and then poured it into the electric kettle. And then, proud of my resourcefulness I stared at the kettle for a very long time until something at the back of my sleep-deprived brain screamed, "The power's out, you do it!"

As dawn breaks on the second day, I'm shivering at the stove, my feet are soaked, my back creaks, the gas and lack of sleep have given me a dull headache and the waves are crashing into my breakwall, spewing large rocks up and over the lawn, and in the midst of all this ... the dog wants to go out and play. He's got that smile that says, "Didja see all the sticks out there, Bill?" Yeah, the single benefit of a destructive ice storm is unlimited sticks for the game of fetch.

Fortunately the telephone lines did not go out, allowing me to have a critical conversation with a telemarketer at TimeLife Music in Richmond, Va., wanting to send me Singers and Songwriters of the '70's with no obligation.

Things got so bad that on Saturday, Feb. 2, the groundhog crawled out of a hole in my neighbourhood ... wearing a crash helmet. Unable to see his shadow for all the broken limbs and toppled trees, he threw himself onto a power line and ended it right there; 02/02/02 was simply oh, too much.

For comments, ideas and copies of The True Story of Wainfleet, visit www.williamthomas.ca.

LOCALNEWS

■ PHILANTHROPY

The kindness of strangers

ALLAN BENNER
QMI Agency Niagara

It was a simple act of kindness.

But it was so unexpected and touching that waitress Tabitha VanNatter thought she was going to cry.

"I was tearing up," she said.

A few days ago, she was serving an older couple seated beside a young family at Benedict's Breakfast and Lunch.

The older man walked to the counter to pay his bill, but then asked to pay the bill for the young family, too.

He didn't know them, and hadn't spoken to them while enjoying their breakfast. But he still wanted to do something nice for them.

VanNatter asked why, and he replied: "Just because."

She said the family was shocked by the generosity and dumbfounded about why a total stranger would be so kind.

"They were way too happy," she said.

At first VanNatter thought it was a rare display of kindness and generosity. But then it happened again ... and again.

"It's been happening for about a week," said Chanda Furney, the owner of the King St. restaurant.

"I'm happy, but I feel like it gives me faith in humanity. There are still good people in the world," she said. "It's been happening. Each girl has had about a dozen experiences."

"I just feel like there's something in the air. It's just good vibes."

It's the kind of thing that has happened once in a while during her nearly four years of running the business. For instance, veterans have rarely had to pay a bill while in uniform at her restaurant.

"But it's happening more than ever before right now," she said.

And it's happening at restaurants throughout Welland.

Richard and Katelin Savage were at M. T. Bellies with their two-year-old daughter Kinley celebrating Richard's 26th birthday.

Katelin brought her daughter to the washroom when they finished eating. When they returned to the table her, Richard told her that someone paid their bill.

"I couldn't believe it," the Port Colborne resident said.

The two women seated at the table next to them attracted Kinley's attention.

"She was being nosey, and they were talking to her. We told them that she was going to see Santa Claus at the Seaway Mall afterwards," Katelin said.

But that was the extent of their conversation.

Katelin asked if they paid her bill, and one of the women replied: "Yes, Merry Christmas."

She said the kindness of the women almost brought her to tears.

"We were kind of speechless. I didn't know what to say to them," she said. "I had no clue who they were or anything."

It's also a common occurrence at Tim Hortons restaurants.

John Craig said it happens "frequently" at the three Tim Hortons locations he owns in Welland.

And although it happens throughout the year, he said it's a little more prevalent during the holiday season.

"I couldn't tell you how many times a day it happens, but it does happen," he said.

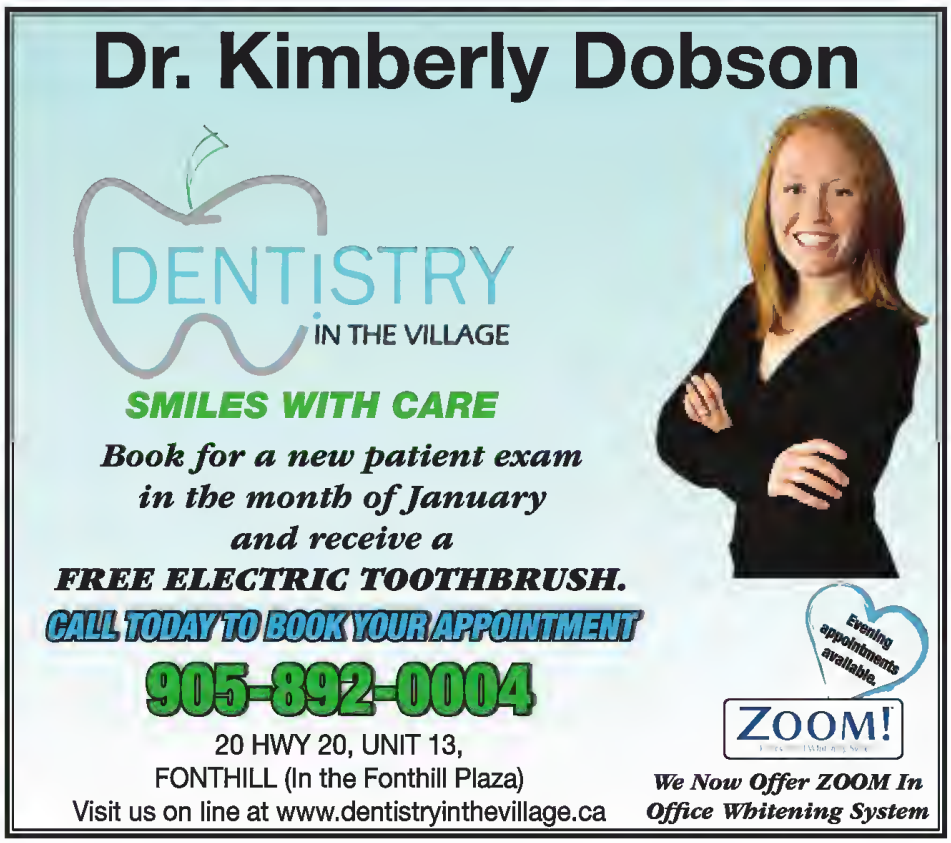
Customers in the drive-through, he said, often "buy a coffee for the car behind them, and that person in turn buys for the car behind them."

He said Tim Hortons customers have kept the chain of going for a least 10 customers in a row.

allan.benner@sunmedia.ca

ALLAN BENNER/QMI AGENCY NIAGARA

The spirit of Christmas has been alive and well in several area restaurants recently, including Benedict's Breakfast and Lunch, owned by Chanda Furney.



LOCALNEWS

TRAVEL: Meghan Lavoie spends two months working at orphanages in Nepal and Vietnam

Journey of a lifetime for Welland woman

MELISSA MANGELSEN
PelhamNews Staff

For 20-year-old Meghan Lavoie, the post-school travel bug was something she couldn't ignore.

"It was something that I felt I had to do. I've wanted to travel for as long as I could remember, but I wasn't allowed to travel alone until after college," the Welland woman said.

Lavoie decided to experience a part of the world in the most unique ways she was able to.

She was abroad for three months. The first month she spent touring and the second and third month she volunteered teaching English at an orphanage in Nepal and Vietnam.

"You come back and you're changed forever. You're a better person," she said describing her trip as a journey of a lifetime, with a purpose.

She was with Hope and Home in Nepal, where she worked with children and integrated with the community.

"It's a lot different there, I spent two weeks in the village. It's a small community and everyone knows you. Those kids steal your heart," she said.

In Nepal, there were 36 kids in the orphanage ranging from two years old to 17.

"That is their home, they're there because their family was too poor to care for them, some were abandoned and some are actual orphans," she said.

In Vietnam, she volunteered with The Green Lion organization at an orphanage with about 60 children.

"Most of them are abandoned. It's common in Vietnam for women to come to the cities to try and make money. Unfortunately, it is by prostitution. Some of them get pregnant from prostituting but some are raped. They go to the orphanage and have the baby and leave because if they go back to the village with a baby, they won't be accepted," she said.

Lavoie returned to Canada last week and is still trying to adapt to life at home. When you have a life-changing experience abroad and see how others live, it puts life into perspective, she said.

"I'm so grateful for my bed and for a hot shower. I'm grateful for where I was born, but I feel like I don't deserve it. People here stress over what seems so silly," she said. "People were happier in Nepal and Vietnam. They made do with what they had and didn't complain. They see life completely differently and with a different outlook. People are miserable here."

During her three-month trip, she developed friendships with people from around the world, and has made a connection with the kids at the orphanages.

"As soon as I can afford it, I want to go back. I want to take my friends to see these places and do more volunteering. I also want to go back to the orphanages and see the kids again."

She said the trip feels like a dream.

"I'm still in shock and in awe about how life is there," she said.

Her trip ended with an election in Nepal, which is new for the country.

"Elections can cause a lot of turmoil in some places, but I didn't feel like my safety was ever in jeopardy," she said. "The day I left there was a transportation strike and I had to get a ride on a motorcycle to get to the airport."

Her advice to others who have the travel bug is to just go. Her month touring she signed up with G Adventures to sail Greece on a 15-metre exclusive yacht.

melissa.mangelsen@sunmedia.ca
Twitter: tribunemelissa

SUPPLIED PHOTO

Meghan Lavoie of Welland spent three months abroad volunteering her time at orphanages.

PHOTO PROVIDED

Meghan Levoie took a trip of a lifetime. Spending three months abroad volunteering her time at orphanages.

RBC Financial Planning

Ian McCall, PFP
Financial Planner
289-213-3779
ian.mccall@rbc.com

Define Retirement Your Way.
Start the Conversation Today.

Advice you can bank on™

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec.
® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2011 Royal Bank of Canada. Used under licence.

Salute to Vienna™
NEW YEAR'S CONCERT 2014

STRAUSS SYMPHONY of CANADA
BERNHARD SCHNEIDER, conductor (Vienna)
SERA GÖSCH, soprano (Vienna)
DANIEL SERAFIN, baritone (Vienna)
Dancers from BALLET OF UKRAINE & CHAMPION BALLROOM DANCERS

An unforgettable concert of waltzes, polkas and operettas performed by European singers and costumed dancers!
Sunday, January 5, 2014 • 2:30 pm
HURRY and SAVE 15%! Promo Code: WALTZ
TICKETS: 1.855.872.5000 or ticketmaster.ca

Sponsored by Hamilton Place, AM740

Produced by Attila Glatz Concert Productions • Info: 1.800.545.7807 or salutetovienna.com

LASIK provision
1-888-510-2020
905-371-3217
www.lasikprovision.com
6800 Morrison Street, Niagara Falls, Ontario

Pelham NIAGARA

The LOG CABIN
155 Hwy 20 West Fonthill 905-892-3997
www.thelogcabin.ca

pelham.ca | 20 Pelham Town Square, PO Box 400, Fonthill, ON | 905-892-2607 | 905-892-5055

Recreation Programs & Classes

Zumba Fitness @ Pelham Arena
Tuesday Jan 7 7:30 pm - 8:30 pm
Thursday Jan 9 9:30 am - 10:30 am

Zumba Gold @ Pelham Arena
Tuesday Jan 7 9:30 am - 10:30 am

Drop in and try any session for $6 or purchase your 10 + 2 bonus passes for $60.

Zumba Kids & Zumba Kids Jr. @ Pelham Arena
Turn up the music, wiggle, shake and have a blast with your friends in these rockin', high-energy fitness parties packed with specially choreographed kid-friendly routines.

Tuesday Jan 7 5:30 pm - 6:00 pm (4-7 yrs)
6:00 pm - 6:30pm (8+ yrs)

Thursday Jan 9 5:30 pm - 6:00 pm (4-7 yrs)
6:00 pm - 6:30pm (8+ yrs)

Drop in and try any session for $4.50 or purchase your 10 + 2 bonus passes for $40 at Pelham Town Hall. For more information on any of the Zumba classes, please contact (905) 892-2607, ext. 329.

Walking Club - Everyone is welcome! – Jan 7 and Jan 9
Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shinny Hockey	Women's Shinny Hockey	Women's Learn to Play Hockey
Sunday Jan 5 1:00-2:20 pm **Tuesday Jan 7** 7:30-8:30 pm **Friday Jan 10** 8:00 – 9:30 pm	**Thursday Jan 9** 1:00 – 2:00 pm	**Tuesday Jan 7** 1:00 – 2:00 pm **Friday Jan 10** 10:00 – 11 am	**Tuesday Jan 7** 8:00 – 9:00 am **Friday Jan 10** 9:00 – 10:00 am	**Monday Jan 6** 10:00 – 11:00 am **Thursday Jan 9** 10:30 – 11:30 am	**Thursday Jan 9** 9:30 – 10:30 am

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 – 11:00 am	Peace Park (Nordic Walking)	Woodstream Park (Walking)	Peace Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 – 7:00 pm	Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

Community Events & News

The Mayor's Gala Committee is seeking applications from local organizations serving Pelham that are interested in receiving a donation from the funds generated by the Annual Mayor's Gala. Visit www.pelham.ca for more information.

Notices & Reminders

Planning on attending a council or committee meeting in 2014? Here's the schedule of planned meetings taking place in Council Chambers at Pelham Town Hall.

Monday, January 13 @ 6:30 pm Council & Committee Of The Whole	Monday, April 14 @ 6:30 pm Public Meeting, Planning Act	Monday, July 14 @ 6:30 pm Public Meeting, Planning Act	Tuesday, October 14 @ 6:30 pm Public Meeting, Planning Act
Monday, January 20 @ 6:30 pm Council and Policy & Priorities	Tuesday, April 22 @ 6:30 pm Council and Policy & Priorities	Monday, July 21 @ 6:30 pm Council and Policy & Priorities	Monday, October 20 @ 6:30 pm Council and Policy & Priorities
Monday, February 3 @ 6:30 pm Council & Committee Of The Whole	Monday, May 5 @ 6:30 pm Council & Committee Of The Whole	Tuesday, August 5 @ 6:30 pm Council & Committee of the Whole	Monday, November 3 @ 6:30 pm Council & Committee Of The Whole
Monday, February 10 @ 6:30 pm Public Meeting, Planning Act	Monday, May 12 @ 6:30 pm Public Meeting, Planning Act	Monday, August 11 @ 6:30 pm Public Meeting, Planning Act	Monday, November 10 @ 6:30 pm Public Meeting, Planning Act
Tuesday, February 18 @ 6:30 pm Council and Policy & Priorities	Tuesday, May 20 @ 6:30 pm Council and Policy & Priorities	Monday, August 25 @ 6:30 pm Council and Policy & Priorities	Monday, November 17 @ 6:30 pm Council and Policy & Priorities
Monday, March 3 @ 6:30 pm Council & Committee Of The Whole	Monday, June 2 @ 6:30 pm Council & Committee Of The Whole	Tuesday, September 2 @ 6:30 pm Council & Committee Of The Whole	Monday, December 1 @ 6:30 pm Inaugural Council, 2014-2018 Term
Monday, March 10 @ 6:30 pm Public Meeting, Planning Act	Monday, June 9 @ 6:30 pm Public Meeting, Planning Act	Monday, September 8 @ 6:30 pm Public Meeting, Planning Act	Monday, December 8 @ 6:30 pm Public Meeting, Planning Act
Monday, March 17 @ 6:30 pm Council and Policy & Priorities	Monday, June 16 @ 6:30 pm Council and Policy & Priorities	Monday, September 15 @ 6:30 pm Council and Policy & Priorities	Monday, December 15 @ 6:30 pm Council and Policy & Priorities
Monday, April 7 @ 6:30 pm Council & Committee Of The Whole	Monday, July 7 @ 6:30 pm Council & Committee of the Whole	Monday, October 6 @ 6:30 pm Council & Committee Of The Whole	

Local merchants.

frugal fridays

Huge savings.

No strings attached.

niagarafalls review .ca NIAGARA FALLS REVIEW

stcatharines standard .ca The Standard

welland tribune .ca THE TRIBUNE

AVAILABLE ONLINE ONLY

COMING JANUARY 10, 2014

stcatharinesstandard.ca/frugalfridays
niagarafallsreview.ca/frugalfridays
wellandtribune.ca/frugalfridays

COMMISSO'S FRESH FOODS

Start the new year off right!

Fresh Florida

Fresh
Florida Red Grapefruit
Product of USA
5/$1

Back on TRACK for the New Year!

Taste the Difference!
- Packed with Vitamin C
- Rich in potassium
- Low in calories (42 per 100g)
- Rich in flavonoid antioxidants especially lycopene which can protect against UV rays

Fresh Local
MacIntosh *or* Gala Apples
Product of Ontario
1.49 3lb bag

Foodland Ontario

GROWN in NIAGARA

Back on TRACK for the New Year!

Astro
Smooth 'n Fruity Zero Fat Free or Original Yogourt
Assorted Varieties
2/5
12x100g

Weight Watchers
100% Whole Wheat Bread, Bagels & English Muffins
1.99
360-450g

Back on TRACK for the New Year!

Jordan's
Cereal
Assorted Varieties
3.99
500-550g

Back on TRACK for the New Year!

Unico
Vegetable Oil
3.99
3L

Fresh from the Butcher Shop

FEARMANS PORK INC.

Fresh Whole
Pork Leg *or* Picnic Shoulder
Foodland Ontario
.99/lb
2.18/kg

Grain Fed CANADA AAA BEEF

Store Ground Fresh
Several Times Daily
Lean Ground Beef *or* Lean Ground Pork
Family Pack
2.49/lb
5.49/kg

Certified Angus Beef Brand

Grain Fed CANADA AAA BEEF

Fresh Black Angus
Inside Round Oven Roast
4.99/lb
11.00/kg

Fresh Boneless Skinless
Atlantic Salmon Portions
2.99/100g
13.56/lb

Want to see even more savings?
Visit CommissosFreshFoods.com and click on the flyer icon to see all of our weekly specials!

Sale prices in effect Friday Jan. 3 through Thursday Jan. 9, 2014

FRI	SAT	SUN	MON	TUE	WED	THU
3	4	5	6	7	8	9

6161 Thorold Stone Rd., Niagara Falls, ON
Mon-Sat 7am-8pm • Sun 8am to 6pm

FATAL CRASH: Snowmobile passenger remains in serious condition

Crash claims brothers

TONY RICCIUTO
QMI Agency Niagara

Two brothers, one from Thorold and the other from St. Catharines who were killed in a double snowmobile crash on Boxing Day, are being remembered as two "great guys" by friends who visited the scene on Friday.

They're hoping the third victim, the girlfriend of one of the brothers, pulls through.

The accident, which took place just before 6 p.m. on Thursday, was called in by a passerby on the Welland Canal's Parkway Trail, south of Dock St., after hearing cries for help that were coming from the west side of the canal.

The two snowmobiles struck a tree which had fallen across the path.

Police are not releasing the victims' names at the family's request. The brothers were 25 and 28 years of age.

"This is sad, but what are you going to do? This is a very emotional time for everyone," said a friend, who stopped by the accident scene Friday morning, but did not want to be identified.

"This is shocking," he added. "I feel bad for them and I hope the girlfriend makes it. She's in serious and stable condition, but that can change quickly so we are just hoping that she makes it."

Several customers and an employee at On the Front Cafe & Eatery in downtown Thorold confirmed the female passenger on the snowmobile who was injured Thursday night works there.

Police say all riders were wearing legal helmets and that dangerous/careless operation of the snowmobiles "does not appear to be a factor in this collision."

NRP spokesman Derek Watson said the tree might have fallen during the recent ice storm.

John Harper, who lives in St. Catharines but is originally from Thorold South, rushed to the scene Thursday night after hearing about the accident on the 11 p.m. news. He thought it might be his son-in-law, who lives in the area and owns a snowmobile.

See CRASH, Page 11

Look in Thursday's paper for your M&M Meat Shops Flyer!

M&M MEAT SHOPS

FROZEN FOOD at its best

FULLY COOKED BEEF POT ROAST
MICROWAVE READY IN 33 MINUTES
907 g/2 lb
11.99 MAX SPECIAL SAVE $4

BREADED CHICKEN BREASTS
MADE FROM SOLID, ALL-WHITE CHICKEN BREASTS
9.99 MAX SPECIAL SAVE $6
• Original • Spicy • Crispy
8 PORTIONS
907 g/2 lb
Original

8 GREAT MEAL IDEAS
• NEW! Spaghetti Bolognese • Three-Cheese Pasta Bake
• Cheese & Spinach Cannelloni • Lasagna • Chicken Lasagna
• Vegetable Lasagna • Shepherd's Pie • Fettuccine Alfredo
907 g/2 lb
6.99 MAX SPECIAL SAVE UP TO $3

NEW Try this!
NEW! Spaghetti Bolognese
Ready from the microwave in just 12 minutes –
• NO WATER TO BOIL • NO MEAT TO BROWN
• NO SOGGY NOODLES we promise!

ALL PRICES IN EFFECT FRIDAY, JAN. 3 TO THURSDAY, JAN. 9, 2014 UNLESS OTHERWISE STATED.

St. Catharines 210 Glendale Ave. 905-682-3121
St. Catharines 353 Lake St. 905-646-8812
St. Catharines 100 Fourth Ave. 905-682-6328
Niagara Falls 6225 Thorold Stone Rd. 905-354-0186
Fonthill 20 Hwy 20 E. 905-892-4765
Welland 30 Rice Rd. 905-735-6819

IT'S GREATER! WE'RE OPEN LATER! Check our website for individual store hours.

PELHAM COMMUNITY CHURCH

Would like to express our *sincere thanks* to the community in support of our recent capital campaign. We are pleased to announce that we exceeded our goal for the first phase of our capital campaign, and are moving forward with our plan to start and complete the addition in 2014!!

In particular we would like to thank:

Jill Anthony Law Firm
The Lazy Loon
Pelham Printing
Pelham PC and Network Services
Designer Delights
Picard Peanuts
Edward Jones
Gilbert's Flowers
Shoppers Drug Mart
Sun Life Financial
J&J Floral Expressions Ltd.
Pharmasave/The Log Cabin
Financial Divorce Solutions
Klager's Meats
Subway Restaurants
James L. Pedlar Funeral Home Ltd.
United Floral Distributors (UFD)
Furtney Madon LLP
Lampman Funeral Home
M&M Meat Shops
Salon Allegra
Ex Nihilo Website Designs
Meridian Credit Union

For more information please *visit www.pelham.cc* or our capital website *www.pccbuild2014.com.*
Wishing everyone in the community and beyond a blessed 2014!

Pelham Community Church • www.pelham.cc
461 Canboro Road
(905) 892-5922
Fenwick, ON L0S 1C0

■ CRASH

Police say all riders wearing legal helmets

From Page 10

The area was closed off so he could not get close enough to see what had happened.

"I was scared," said Harper. "I went to their house and saw that the snow was still all in the yard so I knew that it wasn't them because the sleds had not been out."

The area where the crash took place, near Beaverdams Rd. and Ormond St. S has some railway tracks and there are no nearby street lights. On Friday, the fallen tree was still across the road, but several pylons marked the location to warn others of the danger.

A man on a snowmobile who visited the site on Friday appeared to be in shock and visibly upset as he walked around the scene. The man would not give his name, and asked that no photos be taken of him, but said the brothers were on their way to see him before the accident.

The accident remains under investigation by Niagara Regional Police and any witnesses are asked to call 905-688-4111, ext. 5500.

tony.ricciuto@sunmedia.ca

BOB TYMCZYSZYN/QMI AGENCY

Emergency services responded to a double fatality involving two snowmobiles along the Welland Canal on Boxing Day. The two brothers were remebered by friends at the scene Friday.

DATEBOOK

JANUARY 3

SECOND CAREER

information session at Employment Solutions, 2 p.m. to 3 p.m., 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 4

MEDITATION

Marcia leads you through different types of meditations, at Pelham Public Library, 2 p.m. to 4 p.m.. Great for beginners and people who have meditated before. Please bring a pen and notebook; $3. Register ahead.

JANUARY 7

IS IT DEMENTIA?

This session at Pelham Public Library will highlight the difference between changes in our brain function that can be expected as we age versus the early signs of dementia. We will also explore the topic of maintaining brain health and strategies to actively protect and maintain our brain function. Presented by the Alzheimer Society, 6 p.m. to 8 p.m. Free but please register ahead.

OVERDRIVE AND E-BOOKS

Learn step by step how to download and use Pelham Public Library's Overdrive e-books. You must have basic computer skills, an e-mail address and a Pelham library card. Time 10 a.m. to noon; $10 payable at time of registration.

SMART SERVE

session at Employment Solutions, 9 a.m. to noon, 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 8

WELLAND CAMERA CLUB

welcomes Scott Simons from Niagara Falls presenting "Early Morning Close Up Photography" at Wesley United Church, 244 First Ave. N., Welland, at 7:30 p.m. Guests are always welcome. For further information visit www.wellandcameraclub.com.

WELLAND EASTDALE ALUMNI

meets in the school library at 7 p.m. All former students are invited to attend.

JANUARY 9

PASTA NIGHT AT CASA DANTE

Takeout dinners are available for $8 from 3 p.m. to 6:30 p.m. Sauce, meatballs, minestrone soup, and pasta fagioli are also available for takeout.

NIAGARA PROSTATE CANCER

Support Group meets at 7 p.m. at the Canadian Cancer Society office, 45 Hannover Dr., St. Catharines. Cancer information plus discussions. Men and women welcome. For more information call 905-934-1685.

JANUARY 11

UKRAINIAN NEW YEAR'S

"Malanka" celebration at the Ukrainian Cultural Centre, 6:30 p.m. to 1 a.m. Dinner/dance featuring the Nutones. Tickets are $40 each. Call Myron at 905-892-4336.

JANUARY 13

SECRET LANGUAGE OF CATS

What do cats want us to know? Dr. Carol Teed describes what can be learned from understanding the mind of this mysterious creature. With humour, candour and intelligence, this author not only provides insight into modern day feline health and welfare issues, but describes how the experiences of a cat are mirrored in our own lives. Teed will be at Pelham Public Library at 7 p.m. Cost $3. Please register ahead. Books for sale and signing.

TAOIST TAI CHI

open house, 7:30 p.m., Glendale Public School, 24 Farnham Ave., Welland . Call 905-935-7583 or view taoist.org/niagara for other times and locations.

SCRAPPY DROP IN

Work on your latest cardmaking, stamping, papercraft or scrapbooking project at Pelham Public Library, 10:30 a.m. to 12:30 p.m. Cost $2.

SAFE FOOD HANDLING

session at Employment Solutions, 9:30 a.m. to 3 p.m., and at the same hours on Jan. 14 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 15

FIRST AID, CPR, AED

at Employment Solutions, also on Jan. 16, 9 a.m. to 4:15 p.m., 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 19

WELLAND FAIR AGM

Niagara Regional Agricultural Society annual general meeting is at Holy Trinity Anglican Church, 77 Division St., Welland (market square entrance), starting at 2 p.m. Award ceremony to follow at 3 p.m. with light refreshments.

JANUARY 27

HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions. Free but please schedule your appointment ahead: 905-892-6068. Also on Feb. 24, both days 10:30 a.m. to 1 p.m.

Richard Brown
SALES REPRESENTATIVE
ROYAL LEPAGE
Niagara Real Estate Centre Inc., Brokerage
Office: 905-892-0222
Cell: 905-651-5143
rbrown@royallepage.ca
www.homesniagara.com
637 Niagara St., Unit #2
Welland, Ontario
"Selling Throughout Niagara"

STUDIO TWENTY INC
Is Pleased to Offer a
4 WEEK PRENATAL YOGA CLASS
with
JOANNE
Jan 8 – Jan 29 Wednesdays 7:15pm
1 Hour Class 4 week session $70 plus tax
Register by Jan 4th and Save the tax!
Space is Limited so register now!
Please bring - a yoga mat and bottle of water
If you have any questions please call or email us
info@studiotwenty.ca or 905-892-2920

TD
TD RINK AT THE BRINK
Niagara Falls, Canada
Experience the joy of a backyard rink with the world's greatest view!
Get your Season Pass Today!
Makes a great Stocking Stuffer!

Owned and Operated by
WFOL.com/TD-RINK-at-The-Brink

HEALTH CARE: Expectant parents find midwives a good option

The birthing centre debate

ALLAN BENNER
QMI Agency Niagara

Niagara Falls resident Brenda Cottage opted for the help of a midwife when she became pregnant with her daughter Julia Grace.

Although an obstetrician was there for her throughout her first pregnancy a few years ago, she wanted to try something different.

She researched midwives to learn as much about the health-care professionals as she could, and then visited Mylene Shields from Welland-based Sages-femmes Renaissance Midwifery.

There's no doubt that obstetricians offer a vast amount of medical knowledge and expertise, but Cottage said the midwives provide a personal touch that she found comforting.

"They're much more in depth to what your feelings are," she explained.

About a month ago, Cottage gave birth to Julia Grace at the new St. Catharines hospital with medical specialists nearby if needed. But having the midwife there taking care of her made it "a much better experience," she said.

Considering the service that midwives provide, Cottage said they aren't as widely used as they should be — at least not in Niagara.

That's something Dr. Karl Stobbe hopes to change.

Stobbe, regional assistant dean from the Michael G. DeGroote School of Medicine, is working with a team of physicians and medical specialists, including midwives, to provide a new service for Niagara women.

"I'm trying to work on a number of different aspects of primary care and the interaction between different kinds of health-care providers," Stobbe said in an interview Wednesday. "We need to look at the whole health-care system a bit differently."

In addition to midwives and obstetricians, he said family physicians have a role to play, too.

Although few family physicians deliver babies in Niagara, he said it's still a common practice in other parts of the country. While obstetricians are "hugely valuable and absolutely necessary for the safe management overall," Stobbe said the level of expertise they offer is not needed for most births.

"They're trained to deal with problem pregnancies," he said. "I think what we need is more access for women to deliver in a low-risk setting. ... We think there's a gap in Niagara."

Stobbe said he's been working with a broad group of family doctors, midwives as well as Niagara Health System obstetricians to develop an alternate model of care for Niagara women.

"What we want to do is put together a team of family doctors, midwives, nurse practitioners and other professionals, and possibly social workers and dietitians that can help with women who have socials needs and others issues," he said.

"Wherever you live, if you're a woman, you could register to get your care provided by this group and they will manage the pregnancy, delivery and the first two weeks afterwards."

Stobbe said the team has already made a proposal to the Ministry of Health in the hope of receiving funding for the project. Although the project would be located close to the St. Catharines obstetrics department, he said community clinics could be held on a regular basis in Welland and Niagara Falls. In the years to come, he said, clinics could be held in other Niagara communities.

Meanwhile, a recommendation to establish a free-standing birthing centre in Niagara — included in the September 2012 report by NHS supervisor Kevin Smith — has garnered some support as a way to enhance care for moms-to-be. It's an idea that has found support among the midwives who would operate the facility.

Midwife Anne Woodhouse said developing a birthing centre in Niagara would be very welcome.

A birthing centre, she added, would "take some of the stress off the St. Catharines site, for sure."

And Welland city councillor Frank Campion, for instance, has been promoting the idea of transforming the now empty obstetrics department at the Welland hospital into a birthing centre.

Campion, who represents Ward 2 and leads the city's health-care committee, said the Ontario government announced support a year ago for establishing new birthing centres throughout the province. But that support has so far been limited to larger centres such as Ottawa and Toronto.

And the "concept of having a standalone birthing centre is at the moment sort of up in the air" in Welland, Campion added.

In an e-mail, Health Ministry spokesman David Jensen said it will be more than a year before a new birthing centre is even considered in Niagara.

"The Ottawa Birth and Wellness Centre is expected to open at the end of December. The Toronto Birth Centre is expected to open in early 2014," Jensen said. "These two site are part of a demonstration project and will be evaluated after one year of operations. The results of this evaluation will help to determine the feasibility of any future birth centres."

Stobbe isn't convinced that a birthing centre is worth pursuing.

"In my own heart, I'm struggling with whether or not a birthing centre is a solution for any of the access issues for Niagara," he said. "I understand why there are birthing centres in Ottawa and Toronto, but I really think that we've maybe been barking up the wrong tree."

He said the project his team is proposing is a better solution.

"This may be a way for Niagara to lead the way in designing a better health-care system," Stobbe said. "What we're proposing between family doctors, midwives and obstetricians doesn't exist anywhere in Canada."

allan.benner@sunmedia.ca

IGGY'S PUB AND GRUB

12 beers on tap featuring local craft breweries

Watch all the leafs games including LEAFS TV on our 70" Tv's. Daily food specials.

Monday- Pint of any Craft beer and 1Lb of wings for $10
Wednesday- $12 pitchers of James Ready 5.5 Lager all day
Thursday- Pint of craft beer and any burger for $12
Saturday- 2 for 1 wings (eat in only), $13 Moosehead pitchers
Watch football on Sundays - $10 Nachos, 32oz mini pitcher Caesars $9

Like Iggy's Pub and Grub on Facebook and follow us on Twitter @iggyspub for up to date draft selections and daily food specials.

905-892-6667
115 Hwy 20 east Fonthill. L0S 1M0.

Give the Gift of SIGHT this Holiday

Receive as an added BONUS initial post-op drops, goggles and a 3 year vision care plan valued at $350

All procedures booked by Jan 31st

GIFT CERTIFICATES AVAILABLE

LASIK provision
The way you want to see
DR. ANDREW TAYLOR, MD
Has personally performed 100,000 procedures
6800 Morrison Street, Niagara Falls
Call 905.371.3217 or 1.888.510.2020
www.losikprovision.com

BOOK NOW! LIMITED TIME OFFER
See Now, Pay Later! $0 DOWN 0% INTEREST

FREE Preliminary Eye Exam
Until Jan. 31st + $200 OFF
LASIK PROVISION'S GIFT TO YOU!
To see if you are a candidate for Lasik Surgery

■ CRIME

Police dispel 'urban legend'

TONY RICCIUTO
QMI Agency Niagara

Don't be fooled into thinking police are on the way if you are being robbed at a bank machine and you punch in your PIN number backwards, warn Niagara Regional Police.

"It's an urban legend. It's not true," said Const. Derek Watson, responding to a posting that has been circulating on Facebook and other social media.

Watson noted on the NRP's Facebook page that social media is a great tool to share information, however, there is no filter to ensure the information is correct.

The posting has been telling people that "if you should ever be forced by a robber to withdraw money from an ATM machine, you can notify police by entering your PIN # in reverse. For example, if your PIN number is 1234, then you would put in 4321. The ATM system recognized that your PIN number is backwards from the ATM card you placed in the machine. The machine will still give you the money you requested, but unknown to the robber, the police will be immediately dispatched to the location. All ATM's carry this emergency sequence by law."

Don't believe any of that, said Watson.

"If you put in your PIN number backwards, you will just get prompted to try again because it's the wrong PIN number. It's just one of those things that has been getting a lot of attention, but the information is not correct," he said.

BOXING WEEK SAVINGS!

UNBELIEVABLE DEALS! Thomas AUDIO VIDEO UNLIMITED SALE CONTINUES!

SHARP AQUOS

Class 1080p LED Smart TV with Quattron™
- QUATTRON COLOR TECHNOLOGY
- SMART TV WITH DUAL-CORE PROCESSOR
- SUPER BRIGHT™
- AQUOS 1080P LED DISPLAY
- ACTIVE 3D
- 240HZ REFRESH RATE
- SLIM DESIGN
- THUNDEROUS 35W AUDIO

60" ~~$2999~~ SUGGESTED RETAIL LC-60LE857U $2499.95

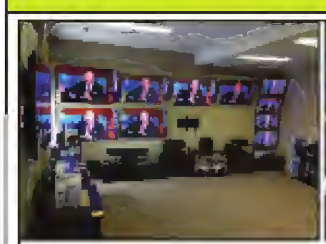
80" ~~$5999~~ LC-80LE857U $4999.95

Audition the Opulent 70" Sharp 4K TV "It is the most stunning picture we have ever seen."

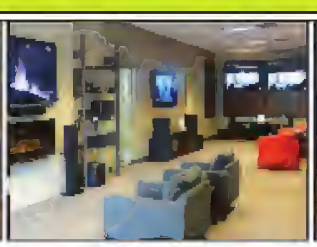
Enliven your listening pleasure with a Pioneer Elite Receiver

VSX-43
7.1 CHANNEL NETWORKED HOME THEATER RECEIVER FEATURING 4K ULTRA HD AND 3D COMPATIBILITY
PIONEER ELITE
$599.99

VSX-70
7.2 CHANNEL CI FOCUSED HOME THEATER RECEIVER FEATURING 4K ULTRA HD UPSCALING AND 3D COMPATIBILITY
PIONEER ELITE
$849.99



NEW FLAT PANEL & SOUNDBAR SHOWROOM



AUDIO/VIDEO LOUNGE
EXPERIENCE STATE OF THE ART EQUIPMENT IN A REAL LIFE ENVIRONMENT BEFORE YOU BUY.

AUDIO TREASURES FOR MUSIC LOVERS

Thomas AUDIO VIDEO UNLIMITED
Follow us for Special Offers
HOURS: MON-THURS 10-6, FRI 10-8, SAT 10-5, SUN 1-5
www.thomastv.com
130 THORLD RD. WEST WELLAND
905-788-3221

AARON BOGGIO
R.Ph.B.Sc.PHM

BOGGIO Family of Pharmacies

Ask Our Pharmacists

RON PARTON
R.Ph.B.Sc.PHM

YAZ // YASMIN: A LOOK AT THE RISKS VS. BENEFITS

There has been some recent concern from patients taking the oral contraceptive pills Yaz and Yasmin regarding the pills' safety. The concern stems from the release of media reports stating that these two brands of birth control pills (containing the ingredient, drospirenone) have been linked to the deaths of 23 Canadian women. The worry is that drospirenone – a type of progestin – carries a higher risk of developing a blood clot compared to other brands of birth control pills that do not contain this particular progestin. The purpose of this article is to discuss the reality of these risks and to alleviate any concerns patients may have.

Although many of the reported deaths resulted from blood clots, one cannot assume that the oral contraceptive is to blame. It is known that blood clots are a risk with birth control pills, but there are also many other reasons why someone could develop a clot. There has been no strong evidence to indicate that the contraceptive pills were the reason for these deaths. Health Canada has stated that the benefits of Yaz and Yasmin still outweigh the risks when used according to the labelling instructions.

There are warnings on the drug label about the risk of blood clots with these medications which may be 1.5 to 3-fold higher than with other contraceptive pills. To indicate this small difference, the FDA found that 6 women in 10 000 develop a blood clot while using other birth control pills in one year, and about 10 women in 10 000 using Yaz or Yasmin will develop a blood clot in one year. Yes, this is slightly higher, but to put it into perspective, up to 29 women in 10 000 will develop a blood clot during pregnancy. In other words the risk of blood clots is much higher if a women becomes pregnant than if they were using any form of birth control. Yaz and Yasmin are still considered to be safe and effective, so if you are using either of these medications, and are not experiencing any adverse effects, it is reasonable to continue their use.

Many factors come into play when deciding which birth control pill to take or even whether to take one at all. Some things to consider are a woman's history of blood clots, heart attack or stroke; age; smoking status; and with Yaz and Yasmin, liver or kidney disease. It is important for women to discuss these details with their doctor in order to make the best decision.

BOGGIO & PARTON PHARMACY
155 Hwy. 20 W, Fonthill
905-892-4994
www.boggios.com

classifiedextra.ca

Canada's largest and most trusted print and online classifieds network

Place it on classifiedextra.ca

Phone: 1-866-541-6757
Online: pelhamnews.classifiedextra.ca
Fax: 1-866-485-8461
Email: placeit@classifiedextra.ca

Produce/Food

DEVRIES FRUIT FARM
Apples, Pears, # 1's & 2's, Squash & Apple Cider!!
825 Canboro Rd. 1 km West of Fenwick.
Call 905-892-8724
Closed Sunday

Apartments

Location!
2 BDRMS available. Spacious & quiet mature living. Balconies, laundry, security entrance, close to Maple park, bus & shopping. Starting at $989. 579 CLARE AVE. Call 1-905-735-5748

Apartments

KINGS MANOR
on Glen Park Dr.
1 & 2 bdrm apts.
Park like setting. Extra storage. 905-734-9255 or 905-732-5371

Condos/Lofts /Twnhse-Rent

Check It Out
Spacious 3 & 4 Bdrm Town Houss
in great family complex starting at $850.
Call 905-788-0010 or 1-800-948-8955

Step Up Your Selling Power! With Classifieds

LET'S ALL DO OUR PART! PLEASE RECYCLE.

Seasonal/Temporary

P/T CASUAL GENERAL LABOURER

Pelham NIAGARA

The Town of Pelham is now accepting resumes from applicants with a Secondary School Diploma and 3-5 years experience in a municipal public works and/or parks and recreation department environment. A valid Class DZ License required. Hours of work involve nights & weekends. Part-time opportunity offered at $17.07/hr.

Visit **pelham.ca** for more information and to apply by **12:00 noon on Fri. Jan. 3, 2014.**

POOL, CAMP & MAINTENANCE STUDENT JOBS

Pelham NIAGARA

The Town of Pelham is now accepting resumes from students (who are between the ages of 15-30 and returning to school in September 2014) for a number of exciting opportunities. Visit **pelham.ca** for more details. Please remember to apply for **all** the positions you may be interested in.

Deadline is **12:00 noon on Fri. January 17, 2014**.

Careers

ADMINISTRATIVE ASSISTANT
COMMUNITY PLANNING & DEVELOPMENT

Pelham NIAGARA

The Town of Pelham is now accepting resumes from applicants with highly developed research, report writing, communication and interpersonal skills, plus a diploma in Business Administration or Legal Administration, and 3 to 5 years of experience in a Planning Department. Annual salary range is $45,754.80 - $53,817.40.

Visit **pelham.ca** for more information and to apply by **Sunday, January 5, 2014.**

Find What You Are Searching For....In The *Classifieds!*

Get connected

with the social networking tools we now offer our readers

welland tribune .ca THE TRIBUNE

twitter

@WELLANDTRIBUNE

a service for friends, family, and co–workers to communicate

facebook®

connect and share with the people in your life

WWW.FACEBOOK.COM/WELLANDTRIBUNE